

Ruben M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- A.O.S. Advanced Health and Fitness from Bryan College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Trail Running
- Baseball
- Tough Mudder Finisher
- Camping
- Fishing



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 592